



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09250, Peaches, frozen, sliced, sweetened

Report Date: June 30, 2017 19:37 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, thawed 250g	10.0 slices 155g	1 package (10 oz) 284g
Proximates							
Water	g	74.73	3	0.267	186.82	115.83	212.23
Energy	kcal	94	--	--	235	146	267
Energy	kJ	393	--	--	982	609	1116
Protein	g	0.63	3	0.125	1.57	0.98	1.79
Total lipid (fat)	g	0.13	3	0.033	0.33	0.20	0.37
Ash	g	0.53	3	0.285	1.32	0.82	1.51
Carbohydrate, by difference	g	23.98	--	--	59.95	37.17	68.10
Fiber, total dietary	g	1.8	--	--	4.5	2.8	5.1
Sugars, total	g	22.18	--	--	55.45	34.38	62.99
Minerals							
Calcium, Ca	mg	3	3	0.000	8	5	9
Iron, Fe	mg	0.37	3	0.070	0.93	0.57	1.05
Magnesium, Mg	mg	5	3	0.404	12	8	14
Phosphorus, P	mg	11	3	1.114	28	17	31
Potassium, K	mg	130	3	4.782	325	202	369
Sodium, Na	mg	6	3	1.202	15	9	17
Zinc, Zn	mg	0.05	3	0.010	0.12	0.08	0.14
Copper, Cu	mg	0.024	3	0.006	0.060	0.037	0.068
Manganese, Mn	mg	0.029	3	0.004	0.072	0.045	0.082
Selenium, Se	µg	0.4	--	--	1.0	0.6	1.1
Vitamins							
Vitamin C, total ascorbic acid	mg	94.2	3	2.340	235.5	146.0	267.5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, thawed 250g	10.0 slices 155g	1 package (10 oz) 284g
Thiamin	mg	0.013	3	0.003	0.033	0.020	0.037
Riboflavin	mg	0.035	3	0.002	0.087	0.054	0.099
Niacin	mg	0.653	3	0.084	1.633	1.012	1.855
Pantothenic acid	mg	0.132	--	--	0.330	0.205	0.375
Vitamin B-6	mg	0.018	--	--	0.045	0.028	0.051
Folate, total	µg	3	--	--	8	5	9
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	3	--	--	8	5	9
Folate, DFE	µg	3	--	--	8	5	9
Choline, total	mg	5.1	--	--	12.8	7.9	14.5
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	14	3	0.833	35	22	40
Retinol	µg	0	--	--	0	0	0
Carotene, beta	µg	141	--	--	352	219	400
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	58	--	--	145	90	165
Vitamin A, IU	IU	284	3	16.667	710	440	807
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	77	--	--	192	119	219
Vitamin E (alpha-tocopherol)	mg	0.62	--	--	1.55	0.96	1.76
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	µg	2.2	--	--	5.5	3.4	6.2
Lipids							
Fatty acids, total saturated	g	0.014	--	--	0.035	0.022	0.040
4:0	g	0.000	--	--	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, thawed 250g	10.0 slices 155g	1 package (10 oz) 284g
16:0	g	0.012	--	--	0.030	0.019	0.034
18:0	g	0.002	--	--	0.005	0.003	0.006
Fatty acids, total monounsaturated	g	0.048	--	--	0.120	0.074	0.136
16:1 undifferentiated	g	0.001	--	--	0.003	0.002	0.003
18:1 undifferentiated	g	0.047	--	--	0.117	0.073	0.133
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.064	--	--	0.160	0.099	0.182
18:2 undifferentiated	g	0.063	--	--	0.158	0.098	0.179
18:3 undifferentiated	g	0.002	--	--	0.005	0.003	0.006
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0
Amino Acids							
Tryptophan	g	0.002	--	--	0.005	0.003	0.006
Threonine	g	0.024	--	--	0.060	0.037	0.068
Isoleucine	g	0.018	--	--	0.045	0.028	0.051
Leucine	g	0.035	--	--	0.087	0.054	0.099
Lysine	g	0.020	--	--	0.050	0.031	0.057
Methionine	g	0.015	--	--	0.037	0.023	0.043
Cystine	g	0.005	--	--	0.013	0.008	0.014
Phenylalanine	g	0.020	--	--	0.050	0.031	0.057
Tyrosine	g	0.016	--	--	0.040	0.025	0.045
Valine	g	0.034	--	--	0.085	0.053	0.097
Arginine	g	0.016	--	--	0.040	0.025	0.045
Histidine	g	0.012	--	--	0.030	0.019	0.034
Alanine	g	0.037	--	--	0.092	0.057	0.105
Aspartic acid	g	0.104	--	--	0.260	0.161	0.295
Glutamic acid	g	0.095	--	--	0.237	0.147	0.270

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Glycine	g	0.022	--	--	0.055	0.034	0.062
Proline	g	0.026	--	--	0.065	0.040	0.074
Serine	g	0.029	--	--	0.072	0.045	0.082
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0